



Chimichurri Broccoli



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



112 kcal

SAUCE

Ingredients

- ☐ 4 cups broccoli florets steamed
- ☐ 2 tablespoons canola oil
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup flat-leaf parsley leaves fresh
- ☐ 1 garlic clove
- ☐ 0.3 teaspoon ground cumin
- ☐ 1.5 tablespoons juice of lime
- ☐ 2 teaspoons oregano fresh

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots chopped

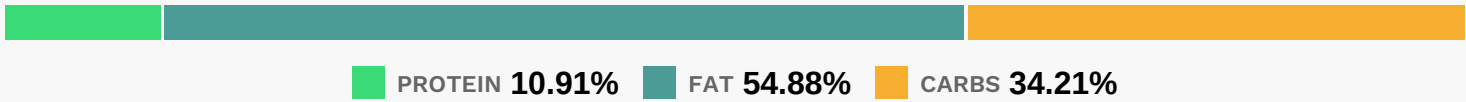
Equipment

- ☐ food processor

Directions

- ☐ Place parsley, shallots, oregano, and garlic in a mini food processor; pulse until minced.
- ☐ Add canola oil, lime juice, salt, cumin, and crushed red pepper; process until blended. Toss with steamed broccoli florets.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.94, Inflammation Score:-9, Nutrition Score:16.570869580559%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 112.16kcal (5.61%), Fat: 7.51g (11.55%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 6.92g (2.52%), Sugar: 2.93g (3.26%), Cholesterol: 0mg (0%), Sodium: 184.1mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin K: 227.33µg (216.51%), Vitamin C: 94.28mg (114.28%), Vitamin A: 1257.86IU (25.16%), Folate: 76.76µg (19.19%), Manganese: 0.32mg (15.82%), Vitamin E: 2.24mg (14.96%), Fiber: 3.61g (14.43%), Vitamin B6: 0.24mg (12.1%), Potassium: 405.39mg (11.58%), Iron: 1.8mg (9.99%), Calcium: 78.37mg (7.84%), Phosphorus: 77.7mg (7.77%), Magnesium: 29.95mg (7.49%), Vitamin B2: 0.13mg (7.37%), Vitamin B5: 0.62mg (6.16%), Vitamin B1: 0.09mg (5.71%), Copper: 0.08mg (4.07%), Vitamin B3: 0.79mg (3.95%), Selenium: 2.65µg (3.78%), Zinc: 0.56mg (3.76%)